



UCOOK

Pomodoro Pasta & Chicken Parm

with fresh linguine & grated Italian-style hard cheese

If you want to put Italy on a plate, then Pasta al Pomodoro is your go-to recipe. Our dish features delish chicken parm, covered in a crispy coating, then smothered in a rich tomato sauce and topped with Italian-style cheese. Sided with comforting pomodoro pasta and fresh oregano.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Rhea Hsu

 Fan Faves

 No paired wines

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Ingredients & Prep

375g	Fresh Linguine Pasta
2	Onions <i>1½ peeled & roughly sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
45ml	Tomato Paste
600ml	Tomato Passata
22,5ml	NOMU Italian Rub
3	Free-range Chicken Breasts
150ml	Panko Breadcrumbs
90ml	Cake Flour
150ml	Grated Italian-style Hard Cheese
60g	Green Leaves <i>rinsed</i>
12g	Fresh Oregano <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Egg/s
Paper Towel
Cling Wrap
Tinfoil (for air fryer)

1. START THE SAUCE Bring a pot of salted water to boil for the pasta. Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until soft, 5-7 minutes (shifting occasionally). Add the grated garlic and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata, the NOMU rub, and 300ml of water. Simmer until thickened, 8-10 minutes. Add a sweetener and seasoning. Set aside.

2. CHICKEN PREP Pat the chicken dry with paper towel and place on a chopping board. Using a sharp knife, slice into one side of each breast, starting at the thicker side and ending at the thinner point (be careful not to cut all the way through). Open each breast so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Season.

3. CRUNCHY CRUMB Whisk 2 eggs in a shallow dish with a splash of water. Prepare 2 more shallow dishes; one containing the breadcrumbs and the other containing the flour (lightly seasoned). Lightly coat each breast in the flour, then the egg mixture, and, lastly, the crumb. Set aside.

4. CHICKEN PARM Place a pan over medium-high heat with enough oil to cover the base. When hot, add the crumbed chicken and fry until golden, 1-2 minutes per side. Drain on paper towel and place on a greased baking tray. Top with ⅓ of the pomodoro sauce and ⅓ the grated cheese. Bake in the hot oven until the cheese is melted, 8-10 minutes.

5. LOVELY LINGUINE When the water is boiling, cook the pasta until al dente, 2-3 minutes. Drain, reserving a cup of pasta water, and toss through the remaining pomodoro sauce. Loosen with a splash of the reserved pasta water, if necessary. Place over medium heat to reheat, if necessary. In a bowl, toss the rinsed green leaves with a drizzle of olive oil and seasoning.

6. IT'S TIME FOR ITALIAN! Plate up the pomodoro pasta. Sprinkle over the remaining cheese. Side with the chicken parm and the dressed leaves. Garnish with the chopped oregano and a crack of black pepper. Dig in!



Chef's Tip

Air fryer method: Place a piece of tinfoil in the air fryer. Add the fried chicken topped with ⅓ of the sauce and ⅓ the grated cheese. Air fry at 200°C until the cheese is melted, 4-5 minutes.

Nutritional Information

Per 100g

Energy	634kJ
Energy	152kcal
Protein	10.1g
Carbs	22g
of which sugars	3.1g
Fibre	2.1g
Fat	2.4g
of which saturated	0.8g
Sodium	150mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites

Cook
within 3
Days